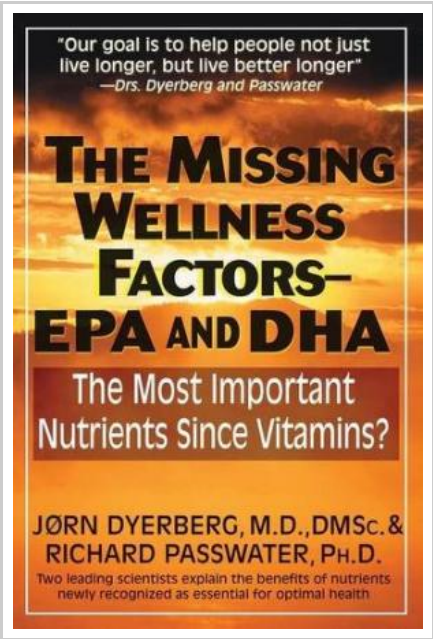


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The Missing Wellness Factors EPA and Dha The Most Important Nutrients Since Vitamins

By Richard Passwater

Basic Health Publications. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.9in. x 6.0in. x 0.4in.Wellness is more than the absence of disease. It s a vital combination of vibrancy, vitality, abundant energy, and extraordinary health. Even though many health-conscious people strive for wellness by eating healthy foods, taking vitamins, exercising, and leading a stress-free lifestyle, total wellness may still elude them. That s because, say authors Jrn Dyerberg, M. D. , and Richard Passwater, Ph. D. , they are missing two essential wellness factors omega-3 fatty acids EPA and DHA that affect every cell, every tissue, and every organ in the body. This deficiency, not yet officially recognized by the scientific and medical communities, is responsible for many modern-day illnesses, including heart disease, dementia, cancer, and inflammatory diseases like arthritis. Replenishing the body with these missing factors has been shown to produce full performance, high energy, and optimal health. While it s been known since the early 1970s that EPA and DHA are needed to prevent heart attacks and promote heart health, it s taken until the 21st century to learn that, by building healthier cell membranes, these fatty acids promote robust health throughout all systems in the body....

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